

September 2022 Breakfast & Lunch 9th-12th Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>29 Aug National Lemon Juice Day</p>  <p>Breakfast Apple Frudel or Waffles w/Syrup or Assorted Cereal</p> <p>LUNCH Pepperoni Pizza or Cheese Pizza or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit, Fruit Juice</p>	<p>30 Aug National Toasted Marshmallow Day</p>  <p>Breakfast Chocolate, Chocolate Chip Muffin or Homemade Chorizo Egg & Cheese Burrito or Assorted Cereal</p> <p>LUNCH Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal Sides Pinto Beans, Baby Carrots, Ranch Dressing PC, Mozzarella Cheese Stick Spanish Rice, Fruit, Fruit Juice</p>	<p>31 Aug Eat Outside Day</p>  <p>Breakfast Croissant w/Egg Patty & Cheese or Cheese Quesadilla w/Ham Slice or Assorted Cereal</p> <p>LUNCH Salisbury Steak or Chicken Fried Steak or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, California Blend Vegetables, Dinner Roll, Strawberry Yogurt Parfait, Fruit Juice</p>	<p>1 Ginger Cat Appreciation Day</p>  <p>Breakfast Chef Choice, Fruit or Breakfast Sausage Skillet w/Tortilla or Assorted Cereal</p> <p>LUNCH Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal Sides Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Blueberry Muffin, Fruit, Fruit Juice</p>	<p>2 Spalding Baseball Day</p>  <p>Breakfast Assorted Cereal Raspberry Yogurt or French Toast Sticks/Syrup PC or Banana Bread</p> <p>LUNCH Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal Sides Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets, Ranch Dressing PC, Fruit, Fruit Juice</p>	<p>Served Monday-Friday for Breakfast-Fruit Juice, Fruit & Milk</p> <p>Served Monday-Friday for Lunch-Milk, See Menu for Fruit Component</p> <p>Contains Pork or Meatless Menu</p> <p><i>Did you Know? September is National Guide Dog month? It is a month-long celebration set apart to honor the work of guide dogs and raise awareness, appreciation, and support for guide dog schools across the U.S. Guide dogs go through rigorous training from an early age. They help those with sensory issues such as blindness and provide added mobility and independence for those who might not have otherwise had such freedoms. Dogs have been domesticated for around 150,000 years and have been coexisting with humans since back then. Ancient artifacts and scrolls show instances where dogs were guiding their human companions. The first attempt to train guide dogs was in Paris at the 'Les Quinze-Vingts' hospital for the blind. The founder of the Institute for the Education of the Blind 'Blinden-Erziehungs-Institut' in Vienna, Johann Wilhelm Klein, wrote about guide dogs in his book published in 1819. This provides evidence that dogs have been helping humans for a long period. After the First World War, when many soldiers came back blind, the use of guide dogs peaked. The demand for this service prompted the opening of the first school for guide dogs in Oldenburg, Germany. Dog trainer Dorothy Harrison Eustis is attributed with bringing the first guide dog to America, and Eustis later established the 'Seeing Eye School' in Morristown, New Jersey.</i></p>
<p>5 Labor Day</p>  <p>NO SCHOOL</p>	<p>6 National Read a Book Day</p>  <p>FOR DCCCHS ONLY</p> <p>Breakfast Chef Choice</p> <p>LUNCH Chef Choice Fruit Fruit Juice</p> <p>NO SCHOOL FOR DHS, ECHS & MVHS TEACHER IN-SERVICE DAY</p>	<p>7 Buy a Book Day</p>  <p>Breakfast Strawberry Cream Cheese Mini Bagel or Hormel Breakfast Bar & Dick & Jane Crackers or Assorted Cereal</p> <p>LUNCH Red Cheese Enchiladas or Green Chicken Enchiladas or Chef Choice Meal Sides Refried Beans, Cucumber Slices, Ranch Dressing PC, Blueberry Yogurt Parfait, Fruit Juice</p>	<p>8 World Literacy Day</p>  <p>Breakfast Mini Cinni Roll or Biscuits & Gravy w/Sausage Patty or Assorted Cereal</p> <p>LUNCH Spaghetti w/Meat Sauce or Chicken Alfredo w/Twist or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Green Beans, Bread Stick, Fruit, Fruit Juice</p>	<p>9 Teddy Bear Day</p>  <p>Breakfast Fruit Loops Cereal Go-Gurt or Cheese Omelet w/Tortilla or Cinnamon Breakfast Round</p> <p>LUNCH Chef Choice or Chef Choice or Chef Choice Meal Sides Chef Choice Fruit Fruit Juice</p>	

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12 National Police Woman Day  Breakfast Mini French Toast or Cheese Quesadilla or Assorted Cereal or LUNCH Corn Dog, Mustard PC, or Chili Dog or Chef Choice Meal Sides Ranch Beans , Sweet Potato Waffle Fries, Ketchup PC, Fruit, Fruit Juice	13 Positive Thinking Day  Breakfast Peanut Butter & Jelly Sandwich or Homemade Bean Burrito or Assorted Cereal or LUNCH Lasagna w/Cheese or Chicken Alfredo with a Twist or Chef Choice Meal Sides Italian Blend Vegetables, Fresh Garden Salad, Ranch Dressing PC, Garlic Bread Slice, Chocolate Chip Granola Bar, Fruit, Fruit Juice	14 National Coloring Day  Breakfast Breakfast Turkey Sausage Pizza or English Muffin w/Egg Patty & Cheese or Assorted Cereal or LUNCH Mandarin Orange Chicken or BBQ Teriyaki Chicken or Chef Choice Meal Sides Steamed Rice, Stir Fry Vegetables, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fortune Cookie, Fruit, Fruit Juice	15 Make a Hat Day  Breakfast Banana Bread or Chicken & Waffles w/Syrup PC or Assorted Cereal or LUNCH Red Chili Smothered Bean Burrito or Bean Burrito or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit, Fruit Juice	16 National Play-Doh Day  Breakfast Apple Zings Cereal, Blueberry Yogurt or Scrambled Eggs, Bacon & Biscuit or Cherry Frudel or LUNCH Sloppy Joe on a Roll or Hot n' Spicy Chicken Patty w/Cheese on a Bun or Chef Choice Meal Sides Celery Sticks, Ranch Dressing PC, Potato Smiles, Ketchup PC, Fruit, Fruit Juice	
19 Recycle Awareness Week  Breakfast Strawberry Cream Cheese Mini Bagel or Zucchini Bread or Assorted Cereal or LUNCH Pulled Pork on a Bun, BBQ Sauce or Italian Meatball Sub or Chef Choice Meal Sides Baked Beans , Baby Carrots, Ranch Dressing PC, Sun Flower Seeds, Fruit, Fruit Juice	20 National Punch Day  Breakfast Piggle Stick or Homemade Beef, Potato, Green Chili & Cheese Burrito or Assorted Cereal or LUNCH Beef Tacos or Chicken Tacos or Chef Choice Meal Sides Taco Sauce PC, Refried Beans, Yellow Corn, Spanish Rice, Fruit, Fruit Juice	21 Miniature Golf Day  Breakfast Mini Blueberry Waffle or Omelet /w Croissant or Assorted Cereal or LUNCH Chicken Nuggets or Chicken Drumstick or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy , Green Beans, Dinner Roll, Fruit, Fruit Juice	22 World Rhino Day  Breakfast Biscuit w/ Turkey Sausage & Cheese or Red Chilaquilles or Assorted Cereal or LUNCH Hot Dog on a Bun or Mini Corn Dogs or Chef Choice Meal Sides Tater Tots, Ketchup PC, Mustard PC, Ranch Beans , Mozzarella Cheese Stick, Gold Fish Cheddar Cracker, Fruit, Fruit Juice	23 Redhead Appreciation Day  Breakfast Lucky Charms Cereal, Go-Gurt or Homemade Egg & Cheese Burrito or Pancake Sausage Sandwich or LUNCH Toasted Ham & Cheese Sandwich or Grilled Cheese Sandwich or Chef Choice Meal Sides Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit, Fruit Juice	

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<p>26 Alpaca Day</p>  <p>Breakfast Apple Frudel or Waffles w/Syrup or Assorted Cereal</p> <p>LUNCH Pepperoni Pizza or Cheese Pizza or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit, Fruit Juice</p>	<p>27 National Scarf Day</p>  <p>Breakfast Chocolate, Chocolate Chip Muffin or Homemade Chorizo Egg & Cheese Burrito or Assorted Cereal</p> <p>LUNCH Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal Sides Pinto Beans, Baby Carrots, Ranch Dressing PC, Mozzarella Cheese Stick Spanish Rice, Fruit, Fruit Juice</p>	<p>28 National Neighbor Day</p>  <p>Breakfast Croissant w/Egg Patty & Cheese or Cheese Quesadilla w/Ham Slice or Assorted Cereal</p> <p>LUNCH Salisbury Steak or Chicken Fried Steak or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, California Blend Vegetables, Dinner Roll, Strawberry Yogurt Parfait, Fruit Juice</p>	<p>29 World Heart Day</p>  <p>WORLD HEART DAY Breakfast Chef Choice, Fruit or Breakfast Sausage Skillet w/Tortilla or Assorted Cereal</p> <p>LUNCH Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal Sides Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Blueberry Muffin, Fruit, Fruit Juice</p>	<p>30 Pet Tricks Day</p>  <p>Breakfast Assorted Cereal Raspberry Yogurt or French Toast Sticks/Syrup PC or Banana Bread</p> <p>LUNCH Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal Sides Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets, Ranch Dressing PC, Fruit, Fruit Juice</p>	



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